



Diabetes & Technology Workshops

Explore The Latest in Diabetes Technology and Wearable Devices

These workshops will be offered quarterly in partnership with the Stanford Health Library and JDRF. They are designed for individuals with insulin dependent diabetes, their families, and caregivers.

Program Includes

- Key principles of insulin pump and continuous glucose monitoring (CGM)
- Review of available insulin pumps, CGM, and differentiating features
- Choosing the correct device for your needs
- Exploring advance features of devices
- Tailoring advance features to your needs
- Uploading your home data to an online account
- Traveling with your pump and CGM

Workshop Topics

Thursday, March 19, 2020

How to use nutrition, insulin adjustments, and exercise apps to optimize outcomes.

Speakers: Marina Basina, MD and Tara Smith, RN, MS

Thursday, July 23, 2020

How to factor in protein, fiber, and net carbs in blood glucose management and its impact on overall health.

Speakers: Marina Basina, MD and Leah Gruppo, RD, MS, CDE

Thursday, November 19, 2020

Getting the most out of your blood glucose management system data

and how to be able to test if your current rates are working for you.

Speaker: Marina Basina, MD

To register for
this free program call
650.498.7826

Stanford Primary Care, Palo Alto

Hoover Pavilion
211 Quarry Road, 4th Floor
Palo Alto CA 94304

Workshop Dates

- Thursday, March 19, 2020
5:00pm–7:00pm
- Thursday, July 23, 2020
5:00pm–7:00pm
- Thursday, Nov 19, 2020
5:00pm–7:00pm

Open to the community.

Light refreshments will be served.

For more information about Stanford Health Care Diabetes Care offerings:
stanfordhealthcare.org/diabetes



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